



Eligibility

- 1) Female Veteran of any military service period.
- 2) Veteran has an identifiable index trauma (may include military sexual or combat related trauma, childhood events, domestic violence, or other traumas). Veteran may also have PTSD, substance abuse or dependence, mood or anxiety disorders, or borderline personality disorder, but no evidence of psychotic spectrum disorder.
- 3) Veteran may still be in the reserves or guard.
- 4) Veteran has the ability to engage in cognitive-based, intensive group therapy with other women Veterans.
- 5) Ability to engage in self-care and to live independently while on the unit with minimal of nursing supervision.
- 6) Current participation in outpatient treatment (must have an outpatient mental health provider for follow up care).

WISER Information or Referral

Contact:

Claudia Mullin, LMSW
(713) 791-1414 x 26317

<http://www.houston.va.gov/services/women/WISER.asp>



Mental Health Care Line
2002 Holcombe Blvd * Houston, TX 77030
(713) 791-1414

**Women's
Inpatient
Specialty
Environment
of Recovery
~WISER~**



**MICHAEL E. DeBAKEY
VETERANS AFFAIRS
MEDICAL CENTER**

Women's Inpatient Speciality Environment of Recovery

What is WISER?

WISER is a 4-5 week, trauma-informed, intensive treatment approach tailored specifically for women. The core mission of WISER is to offer an a woman-only, “*environment of recovery*” model that provides a safe and effective place for learning new skills. We believe that Veterans can and do recover from trauma when they have the right support and skills. Our team is dedicated to providing a hope-filled and encouraging environment where Veterans can develop the behavioral & cognitive skills and supports needed to be successful and have a personally fulfilling life upon returning home. The WISER 10 bed unit is self-contained and independent from the general inpatient psychiatry population. Located in Houston, Texas, we serve women Veterans from (East) Texas, Oklahoma, Louisiana, Arkansas, Mississippi, Florida (Panhandle), & Missouri.

Treatment Services

- ⇒ Evidence-based treatment for PTSD: Cognitive Processing Therapy
- ⇒ Coping and emotion regulation skills, such as, Dialectical Behavior Therapy (DBT), anger management and grief support
- ⇒ Substance abuse counseling
- ⇒ Medication management
- ⇒ Interdisciplinary treatment team case management
- ⇒ Intensive group therapy
- ⇒ Life skills offered by occupational therapy
- ⇒ Consultation with home VA mental health provider for discharge planning

Commitment to Treatment

Essential to successful treatment is the Veteran’s willingness to participate in all treatment activities, including talking about traumatic experiences, reducing drug/alcohol use, and making an effort to practice new skills while in the program.



How Do I Apply for

Admission to WISER?

We have a consult and screening process in order to determine whether the WISER program is a good fit for a Veterans mental health needs. Veterans interested in WISER need to speak with a VA mental health care provider to begin the screening process.

- 1) Contact your local mental health provider who can place a request (consult) for the WISER team to contact you about a possible admission to the program.
- 2) Once the WISER team receives the consult, a member of the team will contact you for an interview by phone.
- 3) If appropriate, we will then schedule you for the next available start date.

To learn more about the WISER program, visit our website at <http://www.houston.va.gov/services/women/WISER.asp>